Whiplash and Spinal Injuries?
We Can Help!
780.473.7665
whiplash@physicaltherapycentre.com

DON'T QUESTION QUINOA

THE 'SUPERFOOD' IS HEALTHY AND EASY TO PREPARE PAGE 16

12 New Showhomes
New Lots Now Available
Ellerslie HEIGHTS
Last stages now selling
UNITED COMMUNITIES
Promotion Available until March 31, 2012
Visit RSL and RPL Sales Centres for details
www.ellerslieheights.com

EDMONTON metro®
Monday, March 26, 2012
News worth sharing.
metronews.ca | twitter.com/metroedmonton | facebook.com/metroedmonton

Parties want a 'dignified' fight

Election nears. Premier Alison Redford is expected to drop the election writ today and the two heavyweights are already promising to stick to the high road

Viewer discretion may still be advised.

If called today, voters will go to the polls on April 23 following a four-week campaign shaping up as a slugfest between Alison Redford's Progressive Conservatives and the Wildrose party under Danielle Smith.

Both are chasing voters from the centre-right of the political spectrum and the Wildrose party is expected to deliver the first serious challenge in years to four decades of Tory hegemony.

Wildrose house leader Rob Anderson said the challenge starts with telling people what his party is rather than what Redford is not.

"People want a change, and we just have to make sure that our party puts a positive vision forward starting on Day 1 of the campaign," said Anderson.

"I'm pretty hopeful about this campaign. I do see it being more positive than negative."

Redford stressed recently that she, too, wants to keep things clean.

"We're going to do our very best to keep the tone of the election to one that I think Albertans expect, which is an appropriate, dignified discussion with respect to policy," she said.

THE CANADIAN PRESS

Advertising

"We specifically went into this last ad saying we just have to put the facts out and let Albertans judge for themselves." Wildrose house leader Rob Anderson

From left, Canada's Jessica Mair, Heather Nedohin, Laine Peters and Beth Iskiw celebrate after defeating South Korea 9-6 to win the bronze medal at the Ford World Women's Curling Championships in Lethbridge on Sunday. More coverage, page 20. ANDREW VAUGHAN/THE CANADIAN PRESS

Playground delivery

A Castle Downs fundraising group is planning its second charity trip, this time to Vietnam PAGE 3

NDP's new leader is talking tough

Thomas Mulcair brings a far more forceful — Tories say "vicious" — persona to the official Opposition PAGE 4

5 YEARS TO PAY* No $ down
HAVE LASIK NOW. TAKE UNTIL 2017 TO PAY!
Dr. Richard Léger MD, FRCSC
Dr. Michael W. Dorey MD, FRCSC
LASIK MD surgeons have performed over 500,000 procedures
LASIK MD VISION
LASER VISION CORRECTION
Starting at $490 /eye*
All-Laser LASIK Available
FREE Consultation: 1-877-573-9888
www.lasikmd.com
Edmonton City Centre
10200 - 102 Avenue
Accord D Desjardins

YOUR EXPERTISE IS IN DEMAND

EMERGENCIES AND DISASTERS can happen anywhere, anytime. Are you up for the challenge of dealing head-on with an emergency?

NAIT's Emergency Management program provides you with a fundamental understanding of emergency management across a broad spectrum of working environments. You will graduate with the practical skills to effectively supervise or manage emergency management functions.

Visit nait.ca/em for more information. New courses start in May. Enrol today.

SCAN THIS TO LEARN MORE

NAIT

Apply now
Learn more:
www.nait.ca/ConEd

EDUCATION FOR THE REAL WORLD

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS
PH 780.471.6248 | www.nait.ca

NAIT@ 50

Park project will bring playground to Vietnam

Raising funds. Group also looking for tools, games and school supplies for next trip

Dismantled playgrounds can be rebuilt.

That's what a group of Edmontonians learned last January when they took pieces of the old park next to the Castle Downs YMCA to the Philippines, constructing a refurbished playground for less fortunate children.

Now the Castle Downs Recreation Society International is planning a second trip, this time to Hoi An, Vietnam.

"It was such a valuable experience," said spokesperson Loretta Wonitoy.

Project Vietnam 2013 is in full swing, with a trip planned next February or March. So far, the group has collected a play structure from a condo complex in northeast Edmonton.

"They said, 'We're renovating our (area), we don't want this playground anymore,'" said Wonitoy. "So we jumped at it."

On top of playground equipment — which needs to be plastic or metal, in good condition and will be refurbished — tools, games, school supplies and monetary donations are needed. Funds raised will assist in the costs of transporting the container full of equipment; the volunteers will pay their own way. For more details, visit castledowns.ca.

HEATHER MCINTYRE/METRO

In January 2011, about 20 volunteers from the Castle Downs community took a playground that was dismantled the summer prior in order to make way for a new one to the Philippines, where it was rebuilt. MELANIE WONITOY/CONTRIBUTED

Team Alison Redford ready to roll

The Progressive Conservatives pulled out Premier Alison Redford's campaign bus on Sunday, showing it off to the media at the Greyhound Bus Barns in Edmonton. The vehicle was officially unveiled last month, but it is anticipated Redford will drop the writ for an April 23 election today. HEATHER MCINTYRE/METRO

1 NEWS

On the mobile

Wonder who's leading the pack in raising awareness for animal rights? Scan the code to find out which celebrities snatched up a Humane Society's Genesis Award.

On the web

Outrage over teen's death grows

One month after the shooting death of 17-year-old Trayvon Martin, African-American community churches around the U.S. amplified the cries for justice. Watch Rev. Jesse Jackson, a prominent civil-rights leader, speak to a standing-room-only crowd at metronews.ca/video

©2012 Porsche Cars Canada Ltd. Porsche recommends seat belt usage and observance of all traffic laws at all times. Optional equipment shown is extra.

You can see the future from here.

The new 911 is here. Up to 45 kg lighter despite higher safety standards and more standard equipment than ever before. Increased engine power and improved driving dynamics, with a significant reduction in fuel consumption. A longer wheelbase and wider front track for better handling and more driving comfort. The new 911 redefines what is possible in sports car engineering. Again. Porsche. There is no substitute.

The new 911.
See it yourself with a test drive.

PORSCHE INTELLIGENT PERFORMANCE

NORDEN PORSCHE
17820 Stony Plain Road, Edmonton, AB
(780) 426-3000
www.porsche.ca/norden

PORSCHE

New leader won't play Mr. Nice Guy

Layton's successor. Mulcair vows to match Conservatives for toughness and discipline as new NDP boss

The NDP hit the reset button this weekend, finally replacing the late Jack Layton with a permanent party leader who will provide shading and definition to Canada's 42nd parliament.

Thomas Mulcair steps into the gaping breach left when Layton succumbed to cancer less than four months after his party's electoral breakthrough.

Mulcair, a former Quebec Liberal cabinet minister, arrives just in time for the Conservatives to deliver Thursday's federal budget, their first as a majority and one expected to deliver sweeping changes.

And the new NDP leader paid his foes a singular compliment by suggesting the Conservatives' rigour needs to be emulated.

"Right now we're facing a government that's very tough, very well structured, and we've got to do the same thing," Mulcair told reporters on Sunday in his first news conference as NDP leader.

After seven months with the inoffensive caretaker Nicole Turmel leading the Opposition in the Commons, Mulcair brings a far more forceful — Tories say "vicious" — persona to the canvass.

THE CANADIAN PRESS

Fightin' words

"We've got to structure an official Opposition that will bring the fight to them like they've never seen before."

New NDP Leader Thomas Mulcair

Voting. Cyber-attack source not yet determined

The NDP has not called the police to investigate an orchestrated attempt to sabotage the electronic voting system the party used to choose a new leader.

But it's not ruling out the possibility once it unmasks the hacker responsible for the cyber-attacks.

"What we know is that there was an organized attempt to clog the site," said party president Rebecca Blaikie on Sunday.

THE CANADIAN PRESS

A brief history of beards in politics

CHRIS YOUNG /THE CANADIAN PRESS

Mission Mulcair:

To beardly go where few have gone before

All but unremarked upon in the NDP's agonizingly slow — and consequently much-analyzed — choice Saturday of Montreal MP Thomas Mulcair to lead Her Majesty's loyal Opposition has been his facial hair. In an age of whiskerless political leaders, it's also something of an image gamble.

Last of the bearded PMs

1894

Not since Mackenzie Bowell in 1894 have Canadians had a bearded prime minister, and Bowell managed the feat without actually running for the office. The Conservative senator got the nod when then-prime minister John Thompson suddenly died. Bowell may not be an inspirational figure for Mulcair. Apart from his dramatic, spade-like facial hair, Bowell's two-year reign was notable for him being the only prime minister to be forced to resign by members of his own cabinet, which he labelled "a nest of traitors."

Quotable

"When I cut my beard off people say, 'Oh my gosh, Trudeau's back in politics.' I was no longer retiring, just because I'd cut my beard off."

Pierre Trudeau, who briefly grew a beard following an Arctic trek during his few months in opposition in 1979.

Just like Jack

A continual line of facial hair

But perhaps New Democrats are doing their own subconscious image channelling.

Their beloved late leader Jack Layton's thin moustache was something of a trademark, and he stubbornly refused to bow to whispers that it had to go.

The bearded Mulcair, it seems, is going to give it a shot. THE CANADIAN PRESS

RBC Royal Bank

Lower debt. Increase happiness.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

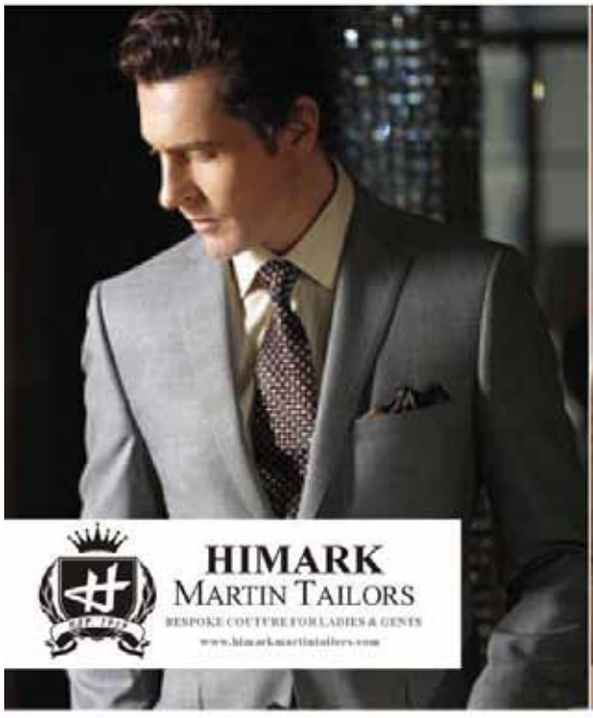
Or scan here using your mobile device to learn more.

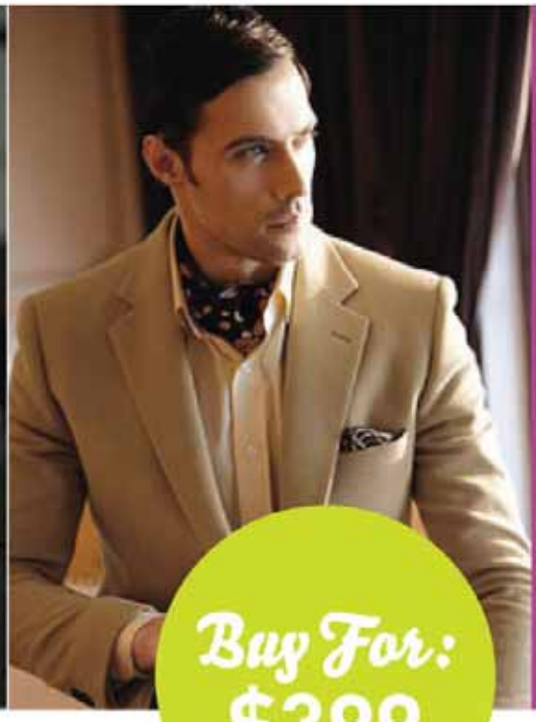
Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

WagJag.com

DEAL OF THE DAY!





Buy For: $399

$399 FOR A CUSTOM TAILORED 2-PIECE SUIT FROM HIMARK MARTIN TAILORS (A $1485 VALUE)

HIGHLIGHTS

- Made from pure British wool (may upgrade for $150)
- $399 value may be used towards a suit of higher value
- Includes pants, jacket and custom made shirt
- Custom tailored

Regular Price: $1485.00

You Save: $1086

Discount: 73%

CURRENT DEALS

Buy For: $59

$59 FOR 3 BOTTLES OF RASPBERRY KETONE WEIGHT LOSS SUPPLEMENT FROM ACE & NYX (A $ $210 VALUE)

HIGHLIGHTS

- Weight loss and health supplement
- Featured on Dr. Oz
- Rich in antioxidants
- Fat burning formula

Multiple Offers

C3* FOR STRESS: TWO OPTIONS
OPTION 1: $16.95 FOR 1 C3* FOR STRESS POWDERED SUPPLEMENT DRINK MIX (15 PACKS, A 1-MONTH SUPPLY)
OPTION 2: $24.95 FOR 2 C3* FOR STRESS POWDERED SUPPLEMENT DRINK MIXES (30 PACKS, A 2-MONTH SUPPLY)

Multiple Offers

PHOTOLAB.CA: TWO OPTIONS
OPTION 1: $19.49 FOR A CUSTOM 20-PAGE PRINTABLE HARDCOVER PHOTOBOOK (9X12 IN.)
OPTION 2: $9 FOR A CUSTOM 16X20 IN. COLLAGE PRINT

Visit: WagJag.com

Follow us on: facebook.com/wagjag @wagjagedmonton

Hurry to WagJag.com to purchase local deals before time runs out.

New depths. James Cameron dives to deepest spot on Earth

Hollywood icon James Cameron has completed his journey to Earth's deepest point.

The Canadian director of Titanic, Avatar and other films used a specially designed submarine to dive nearly 11 kilometres. He spent time exploring and filming the Mariana Trench, about 320 kilometres southwest of the Pacific island of Guam, according to members of the National Geographic expedition.

Cameron returned to the surface of the Pacific Ocean on Monday morning local time, Sunday evening on the U.S. East Coast, according to Stephanie Montgomery of the National Geographic Society.

He spent a little more than three hours under water after reaching a depth of 10,898 metres before he began his return to the surface, according to information provided by the expedition team.

He had planned to spend up to six hours on the sea floor.

THE ASSOCIATED PRESS

Risk

10.9

One of the risks of a dive so deep is extreme water pressure. At 10.9 kilometres below the surface, the pressure is the equivalent of three SUVs sitting on your toe.

Show of support for slain teen

Patrick Mulchay, centre, joins other congregants in song during a service at Middle Collegiate Church in New York on Sunday. Churchgoers were invited to wear hoodies to services to show their support for justice in the case of Trayvon Martin, an unarmed black teenager who was wearing a hoodie on the night he was killed by a neighbourhood-watch captain in Florida. SETH WENIG/THE ASSOCIATED PRESS

Magnitude-7.1. Powerful earthquake rattles central Chile

A magnitude-7.1 earthquake struck central Chile Sunday night, the strongest and longest that many people said they had felt since a huge quake devastated the area two years ago. There were no immediate reports of deaths or major damage.

The quake struck at 7:30 p.m. about 27 kilometres north-northwest of Talca, a city of more than 200,000 people where residents said the shaking lasted about a minute.

Buildings swayed in Chile's capital 219 kilometres to the north, and people living along a 770-kilometre stretch of Chile's central coast were briefly warned to head for higher ground.

Residents were particularly alarmed in Constitucion, where much of the coastal downtown at the mouth of a river was obliterated by the tsunami caused by the 8.8-magnitude quake in 2010.

Panic also struck in Santiago and other cities, with people running out of skyscrapers, and many neighbourhoods were left partly or totally without electrical power. Phone service was disrupted by heavy use.

"There are some injuries but nothing serious," said Interior Minister Rodrigo Hinzpeter, who was serving as acting president while Sebastian Pinera is on tour in Asia.

THE ASSOCIATED PRESS

Only Cleansing Can Make You Feel This Good

If there was only one thing you could do to improve your health and increase energy it would be a total body cleanse. Everyday your body is under attack from pollution, pesticides, chemicals and toxins. They are in the food we eat, the water we drink, and the air we breathe. No matter your lifestyle, no one is escaping this constant barrage of toxins.

CleanseSMART Advanced Total Body Cleanse

TESTIMONIAL - *Thank you so much!* "My fiancée and I had always thought that we were relatively healthy at 47 years of age and had fairly decent eating habits in that we were conscious of what we put into our bodies - fresh fruit and veggies, as little processed meats, white flour, sugar, salt, etc. but over the last 6 months or so we were beginning to feel sluggish and that our age was finally catching up to us - very rapidly. We searched the internet and narrowed our search to CleanseSMART's 30 day cleanse. We are very happy to report that after only five days both of us felt an amazing change in our bodies - lighter, healthier and more energized! Thank you so very much for your expertise in formulating this cleanse." - 2008-01-16

First Cleanse
First Time Cleanse

TESTIMONIAL - *Enjoyable Experience* "This was my 'first cleanse', and I can truly say it has been an enjoyable experience. I followed the directions, and made changes in my diet. The first few days, I began to notice some changes in my energy levels and 'waste elimination'. I also could tell the products were working, as my skin had mild breakouts. Towards the end of the program, the breakouts had cleared up, I was more regular in waste elimination, and I lost 7 pounds." - 2011-10-04

WHY YOU SHOULD CLEANSE

More Energy
Improved Elimination
Reduced Toxic Load
Increased Stamina
Better Health
Feel Less Bloated

Rapid Cleanse
Quick 7 Day Cleanse

TESTIMONIAL - *Excellent!* "I tried this because I was feeling sluggish with achy muscles, I now have more energy then I have had in a long time. Excellent product! I will likely try the 30 day CleanseSMART cleanse when I have the time but for a quick feel good solution this is the answer." - 2009-09-15

Look For Renew Life Products At Your Local Health Food Store Or Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3

facebook.com/renewlifecanada
twitter.com/renewlifecanada

$3 Off Receive $3 Off Your Next Purchase Of Any Renew Life Product*

Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
*** Limit one coupon per purchase. Coupon expires April 30th, 2012.**

ENTER TO WIN Courtesy of RENEW LIFE

$1000 CASH

VISIT clubmetro.com TO ENTER

CANADA'S LEADER IN DIGESTIVE CARE & CLEANSING!

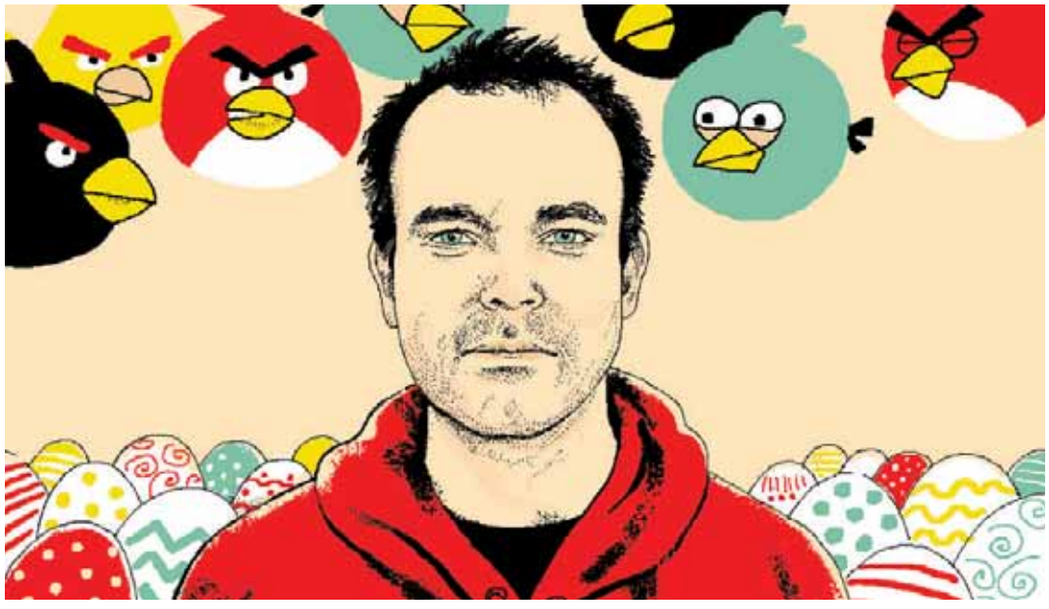
Our products help your body feel good, but our contest can make your wallet feel good too. Visit www.clubmetro.com to enter the contest and www.renewlife.ca to find out more about how Renew Life can help you feel amazing and achieve your health goals.

To register and for full contest details visit clubmetro.com

IN PARTNERSHIP WITH
SPACE EXPEDITION
SXC
CURAÇAO
Photo Sven Prim
WE CAN TAKE YOU TO SPACE!
Metro will be the first newspaper to send a reader into space – and it could be you! Imagine feeling the sensation of weightlessness, seeing the planet from above and participating in the trip of a lifetime.
Visit WWW.METROINSPACE.COM for your chance to win.
The winner of the contest will be announced on April 12th.
metro
There are things that only the world's largest newspaper can do.
WWW.METROINSPACE.COM

Reach for a game and 'get away'

ELISABETH BRAW
Metro World News



Peter Vesterbacka is known as Mighty Eagle, and he's the guru behind the Angry Birds games. Metro met Vesterbacka, who was clad, as usual, in an Angry Birds hoodie, at the Finnish Embassy in London.

Extremely busy people spend hours playing Angry Birds. What does that tell you about human psychology?

Everybody is busy nowadays. Angry Birds is a break that allows you to get away, even if it's just for a few minutes, so they can then get back and focus on their task. It's a very healthy habit. It's like vacations: People in Nordic countries take long vacations, but when they work, their productivity is very high. Angry Birds, and vacations, is like doing maintenance on yourself.

Recently, a magazine calculated that Angry Birds costs the U.S. $1.5 billion in lost productivity each year. Do you feel guilty about that?

That's bulls–.... It's not like people are always working. Look at the proportions. People play Angry Birds for perhaps two hours a month — but they spend 158.5 hours per month watching TV. And when you watch TV, you lean back and watch the screen. When you play Angry Birds, you lean forward and engage your brain. You're active, not passive.

So Angry Birds is not a waste of time but a way of recharging one's brain?

Absolutely. Playing games is actually a very good thing to do. Do you know why in Finland boys speak better English than girls? Because they play more games, and the games are in English. There's no reason why you shouldn't make learning fun, and games like Angry Birds do that. Incidentally, it's the same reason we're launching the Angry Birds activity parks. Why not make physical activity fun? You can go for a five-kilometre run, which is fine, but not everyone thinks it's fun. With our activity parks we want to make physical activity a fun thing to do. We want the Angry Birds activity parks to be all over cities, all over the planet, so you can easily walk or ride your bike to one.

The sequel

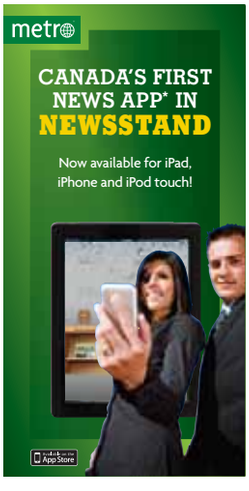
What's new:

- "We retain many of the core elements of the familiar game ... but take it to the next level by adding innovative elements like zero-gravity and new characters," says Petri Järvilehto, executive vice-president of games at Rovio Entertainment.
- "You have to think about how to make the birds go around the planets and hit the pigs," adds creative director Peter Vesterbacka.

Stats:

- In 2011, 30-million people played Angry Birds a day, and 130-million people play it monthly. That's 109.5-billion minutes per year.
- The game has been downloaded over 500-million times across various platforms in less than 2 years.

MICHELLE CASTILLO/MWN



BROOKING THE GREAT DIVIDE

URBAN COMPASS
Terence Harding
edmonton@metronews.ca

If you had friends come to visit you, what would you show them that's uniquely Edmonton? What would you show them that illustrates our creative and innovative nature?

The river valley is not in the running. We didn't create the river valley. The credit there must go to mother nature.

The Fringe is out of the running; we copied that.

The same is true for the folk festival and every other festival we have.

How about our art gallery? Well, there are lots of art galleries in the world. The same is true for our current museum.

Even what was once the world's largest shopping mall has been eclipsed by other monuments to consumerism. So think hard. There must be something.

Well, there is something and we are in danger of losing it — the Great Divide waterfall. When it began functioning in 1980, it brought our city national and international attention. But better than that, it gave pleasure to the thousands of Edmontonians who went to look at it each time it was in operation.

Local treasure

"The Great Divide waterfall ... gave pleasure to the thousands of Edmontonians who went to look at it each time it was in operation."

So why are we in danger of losing it? Because we have an administration and city council that are completely lacking in imagination and who wouldn't recognize innovation and creativity if it jumped up and bit them in the behind.

Oh, there are reasons why the tap has been turned off.

One is that it uses potable water that puts chlorine into the river. Another is that it is expensive to run and maintain. But let's look at those two issues.

We have thousands of talented engineers in this city. Are we to believe that it's impossible for them to come up with a solution? I think that's an insult to every man and woman who wears an iron ring.

What about the expense issue?

It would cost $700,000 to repair and about $40,000 to run it on holidays during the summer.

But remember, this is the same city that has sunk millions into a car race. This is the same city that is sinking millions and millions into an arena.

So why won't we spend money on this unique attraction?

Is it because no one has to pay to see it?

Is it because it serves no function except to give pleasure to those who view it?

Or is it simply that when it comes to our administration and council, fun is the F-word?

Weird news

Mountaineer uses climb as aid to win memory contest

A Florida man who trained for a national memory competition by memorizing a randomly shuffled deck of cards as he climbed Mount Everest won the mental bout Saturday and broke a U.S. record.

Nelson Dellis, 28, of Miami, said his rigorous training for the challenge required him to reshuffle the deck of cards at each new altitude in his climb.

"I was getting my best times the higher I got," said Dellis, who was surprised at his ability to stay focused as he made his way toward the summit before having to stop because of problems with his oxygen mask. "I was getting much, much less oxygen up there."

It was the second year in a row that Dellis won the USA Memory Championship, which was held in Manhattan. He also broke a record for memorizing 303 random numbers in five minutes, besting the previous record of 248 numbers in five minutes, which he himself set last year.

"It's all tricks," Dellis explained of his win. "I don't have a good memory naturally. It's something I learned and taught myself."

THE ASSOCIATED PRESS

Irises of sapphire and gold

LORRAINE HUDGINS/REX FEATURES

Eye dandy

Bi-coloured eyes key to kitty's charm

For lovers of cutesy, quirky animals, all eyes are on Speedy the Cat — the white cat born with one blue eye and one gold. This kitty has a feline form of complete heterochromia, a condition that also occurs in some other animals. Graphic designer Lorraine Hudgins, shown at right, took this snap at her workplace. MWN

Nice! But I'm allergic

Is this odd-eyed cat yours?

No, she belongs to the owners of the print shop where I work. I thought she would make a good subject for a photograph, so one day I brought in my camera to take some snaps of her. She's very sweet-tempered but does meow loudly when she wants something — probably because she can't hear herself, as she is deaf.

A deaf pet? Does that not make her a less pleasant companion?

Speedy's deafness and eye condition don't make her any less of a pet. It depends on each animal how valuable they are, but in Speedy's case, she's such a special character! She's a sweetheart, even though she does make me sneeze, as I am allergic!

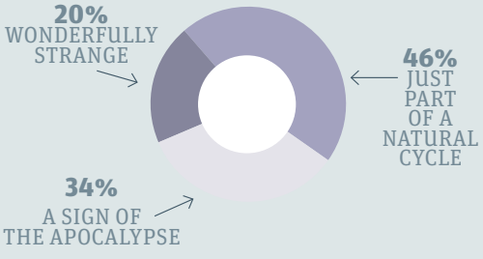
ANTHONY JOHNSTON/MWN

Heterochromia

- **Lack or excess of pigment.** Heterochromia is a genetic condition that stops melanin pigment from reaching one of the irises; the condition can also supply excess pigment.
- **Cats and dogs affected.** The condition most commonly affects white cats with the white spotting gene. White cats with one or two blue eyes are more predisposed to genetic deafness. The disorder is more likely in huskies than in any other animal.

Panel Register at metropolitanpanel.ca and take the quick poll

The unusually warm weather across the country is:



Twitter

@Amanda4RvCity
Now I just need #glutenfree onion rings. Mmmm... Onion rings how I miss u. Lol #wishfulthinking #deluxburgerbar #yeg

@_brittnii
Decide to leave my house for the first time today & am greeted by 6 cop cars right outside of my condo complex...oh millwoods! #yeg #sketchy

@sandradlisted
Someones robbing the liquor barn on 118 th cops have their guns ready.#yeg Sunday

@thiswkthetrend
The lrt has become a waste of time due to construction and delays #soannoyed #yeg #yegtransit

@jaz10126
Have I mentioned that I love #yeg because I only live 10 minutes from a #timhortons

@SheldonSmart
Double digits for #yeg Wed Thurs Fri! Snow-be-gone.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Edmonton** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Cheryl Skogg • **Distribution Manager** Jim Hillman • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO EDMONTON** Suite 2070, 10123 - 99 Street Edmonton, AB T5J 3H1 • **Telephone:** 780-702-0592 • **Fax:** 780-701-0356 • **Advertising:** 780-702-0592 • adinfoedmonton@metronews.ca • **Distribution:** edmonton_distribution@metronews.ca • **News tips:** edmonton@metronews.ca • **Letters to the Editor:** edmontonletters@metronews.ca

comwave®

Long Distance

Lowest Rate Guarantee

- No matter where you call,
- No matter what rate you currently pay,
- We'll beat it...

GUARANTEED!!!

Make long distance calls even from your mobile phone at our lowest long distance rates

Australia	1.9 ¢/min	Iran	from 5.9 ¢/min	Russia	from 1.9 ¢/min
Bosnia	13.9 ¢/min	Israel	1.9 ¢/min	Serbia	7.9 ¢/min
Bangladesh	from 3.9 ¢/min	Italy	1.9 ¢/min	South Korea	2.9 ¢/min
China	1.9 ¢/min	Lebanon	7.9 ¢/min	Sri Lanka	9.9 ¢/min
Colombia	from 3.9 ¢/min	Mexico	from 1.9 ¢/min	Trinidad	4.9 ¢/min
Cuba	89.9 ¢/min	Pakistan	5.9 ¢/min	U.A.E.	14.9 ¢/min
El Salvador	9.9 ¢/min	Philippines	11.9 ¢/min	U.K.	2.9 ¢/min
Germany	1.9 ¢/min	Poland	1.9 ¢/min	Ukraine	7.9 ¢/min
India	2.9 ¢/min	Romania	1.9 ¢/min	Vietnam	4.9 ¢/min

Unlimited Canada

Unlimited calling to anywhere in Canada

$5 /month

1 Cent to India

1000 minute bundle only $10/month

1¢ /minute

Every Month

30 Minutes FREE

Long distance to Canada and USA

www.comwave.ca

1-866-769-9604

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply: see www.comwave.ca for details.

comwave®

Home Phone

All Features FREE!

FREE | Voicemail
FREE | Caller ID
FREE | Call Waiting

AND MUCH MORE!

Join the hundreds of thousands of Canadians who have proudly switched to Comwave

Why Choose Comwave

- Keep your existing Phone Number
- Enjoy Crystal Clear Quality
- Save with the lowest Long Distance rates guaranteed

Unlimited Local

- Unlimited local calling
- 14 free features

$14.95 /month

Unlimited Canada

- Unlimited local calling
- 14 free features
- Unlimited Canada calling

$19.95 /month

Unlimited Global

- Unlimited local calling
- 14 free features
- Unlimited North America calling
- Unlimited calling to almost 60 countries

$29.95 /month

Limited Time Offer

6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!

www.comwave.ca

1-866-769-9604

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. The 6 Month Free Promotion is based on a 3 YR term and includes a 90-Day Satisfaction Guaranteed period. The Global Plan includes a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you transfer your existing phone number from your current provider to Comwave within the first 90 days, you will receive an additional 3 months free for a total of 6 months free. Terms and conditions apply, see www.comwave.ca for details.

2

SCENE

Top 5

Weekend box office

1 The Hunger Games, $155 million.

2 21 Jump Street, $21.3 million ($5.3 million internationally).

3 Dr. Seuss' the Lorax, $13.1 million ($5.5 million internationally).

4 John Carter, $5 million ($22.2 million internationally).

5 Act of Valor, $2.1 million.

HOLLYWOOD.COM

On the Web

Rare movie posters found in Pennsylvania attic fetch $503,000 at auction; Dracula tops list

5 teenage movie bad-asses we love to root for

Jennifer Lawrence already proved in 2010's Winter's Bone that she could play a girl with strength, wisdom and survival instincts beyond her years. Her performance made her the ideal choice to play Katniss Everdeen, the 16-year-old heroine of The Hunger Games. Here's a look at five other teenage movie bad-asses — if you're not too intimidated to take them on, that is.

CHRISTY LEMIRE/THE ASSOCIATED PRESS

1 'The king of Hogwarts'

Daniel Radcliffe in Harry Potter: He defeats pure evil. What more do you need? Sure, he starts out as a nerdy, insecure 11-year-old, living a miserable life underneath the stairs at his aunt and uncle's house, unaware of the greatness that dwells within him. But soon he's mastering spells and brandishing his wand with purpose and ferocity. He's the king of Hogwarts. Professors admire him. Friends are loyal to him. Chicks dig him.

Daniel Radcliffe in Harry Potter CONTRIBUTED

2 Teen loner turned detective

Joseph Gordon-Levitt in Brick (2005): This is a 1930s-style film noir set in a contemporary California high school. Gordon-Levitt plays Brendan, a young loner who's investigating the murder of one of his classmates. He's slight, fine-featured and messy-haired, perennially dressed in a simple, grey hooded sweat shirt. But he's quick-witted and he can take a punch (the frequency with which he gets his butt kicked is comical), all of which he does for this doomed woman he loved.

Joseph Gordon-Levitt in Brick CONTRIBUTED

3 Sean Penn as a loveable stoner

Sean Penn in Fast Times at Ridgemont High (1982): No matter how many roles Penn immerses himself in or Oscars he wins, he will always be Jeff Spicoli to me. Spicoli totally knows how to navigate the system. He trashes a sports car and turns it into a positive for the school's football team, has fun at all the joiner activities like dances but still remains blissfully, obliviously cool and above the fray. Of course, he's high the entire time — and we would never condone drug use here in the Five Most space — but Spicoli does graduate. And he saves Brooke Shields from drowning.

Sean Penn, left, in Fast Times at Ridgemont High CONTRIBUTED

4 The blonde arctic warrior

Saoirse Ronan in Hanna (2011): Ronan stars as the title character, a blonde-haired, blue-eyed, 16-year-old killing machine. Living with her father (Eric Bana) in a rustic cabin in a remote and unforgiving forest just below the Arctic Circle, she learns to hunt, fight and speak in various languages. Their hand-to-hand combat scenes are quick, intense, visceral — until one day she tells him, "I'm ready." Upon embarking on the journey that's her destiny, she gets captured by government agents who think she's a shy and sheltered little girl. But, uh ... they're wrong. Even Cate Blanchett in fierce Prada heels can't stop her.

Saoirse Ronan in Hanna CONTRIBUTED

5 Pioneer power in pigtails

Hailee Steinfeld in True Grit (2010): Her pigtails and her purity make her adorable, but her strong will and resourcefulness make her a force to be reckoned with. Steinfeld made her astonishingly self-assured film debut as Mattie Ross, the 19th-century pioneer girl who sets the story's action in motion, and earned an Oscar nomination for best supporting actress in the process. She was only 13 when she shot the movie.

Hailee Steinfeld, right, in True Grit CONTRIBUTED

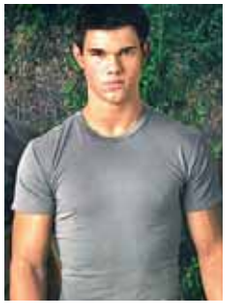
Hunger takes aim at top box office

Here's a look at the top-grossing weekend openings in the U.S. of all time, from Twilight to Harry Potter. So where does the highly anticipated release of The Hunger Games fit in?

METRO / THE ASSOCIATED PRESS

$138.1 million

The Twilight Saga: Breaking Dawn Part 1
The beginning of the end of the beloved Twilight series drew a record number of fans to the theatres, many of whom were excited to see the much-anticipated wedding scene between Bella and Edward.



$142.8 million

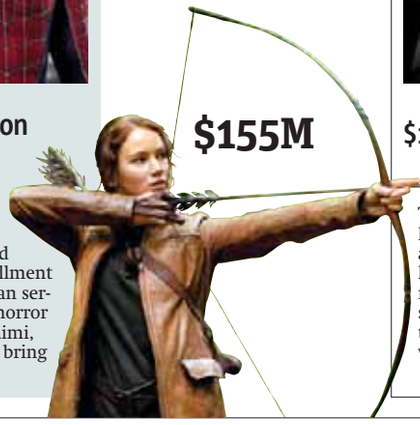
The Twilight Saga: New Moon
Want to watch a love triangle between a human, a werewolf and a vampire? "Sign me up please!" said thousands of Twilight fans on opening weekend.

$151.1 million

Spider-Man 3
Despite being a giant let-down for fans of the comic books and films, this installment of the Spider-Man series, helmed by horror director Sam Raimi, was still able to bring in big bucks.

The Hunger Games has filled fan appetites with a $155 million opening weekend that puts it near the top of the U.S. record

The huge haul marks the third-best debut ever in terms of revenue, behind the opening for last year's Harry Potter finale and 2008's The Dark Knight.



$155M

$158.4 million

The Dark Knight
The hype of Heath Ledger's last performance and director Chris Nolan's good track record with the Batman series drew fans to the theatres, and they weren't disappointed.

169.2 million

Harry Potter and the Deathly Hallows
Muggles united at the movies to say goodbye to the boy wizard and his friends in the final installment of the Harry Potter series.

The best way to discover, play and share music is Rdio.

Every day until **April 16**, we're **giving away a year** of **unlimited music** on **Rdio**!

Enter today at **clubmetro.com**

rdio™
www.rdio.com

VISIT club metro .COM TO ENTER

To register and for full contest details visit clubmetro.com

Lawrence on her favourite hunger buster

Jennifer Lawrence

The Hunger Games star Jennifer Lawrence doesn't go hungry, thanks in part to her friendship with Zoe Kravitz, daughter of co-star Lenny. The two met on the set of X-Men: First Class and hung out on the Games set.

"We just went to her dad's hotel room and got Gummi Bears and HBO," Lawrence told Us Weekly, adding that she loves Skittles candies. "We racked up so many charges. Mr. Kravitz was like, 'Did you guys order a lot of room service?!'"

Kardashian's flour bomb

Last Thursday, someone threw a plastic bag of flour at Kim Kardashian on the red carpet, probably not the first time she's been covered in white powder.

Afterwards, the reality TV star said she wouldn't press charges but now tells E! News: "I said earlier no I wasn't. (But) I am just going to think about it, because I don't want someone to think they can really get away with that. I was laughing it off earlier and, you know, I think that is the only thing I knew how to do at the time."

Kim Kardashian

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Look What You've Done

Club owner wants Drake to pay for pot bust

THE WORD
Dorothy Robinson
scene@metronews.ca

A rapper smoking weed? Not that surprising. A rapper smoking weed in Oklahoma City? Well, also not that surprising. What else is there to do in Oklahoma City?

Earlier this week, Drake, the former child star turned loverboy, was reportedly responsible for a huge cloud of pot smoke in a VIP area, which caused the Dollhouse Lounge to close down — even though they opened for the night especially for him, according to TMZ. But here's where the story gets weird: The spot's manager claims that once he and the staff smelled the smoke, they shut the party down. Then the cops came (apparently to help "restore order") and they discovered a half-burnt joint where Drake and his entourage were previously hanging. So they arrested the club manager — not Drake — and now the manager is mad and wants Drake to help him out with the various tickets that amount to several thousands worth, according to TMZ.

A half smoked joint found in an ashtray causes not only an arrest but also a lawsuit?

"Crime" in Oklahoma City is just adorable. What do club owners expect when they rent out a club to a world-famous rapper and his entourage? A knitting circle?

Drake. ALL PHOTOS GETTY IMAGES

Jolie takes on leg haters

Angelina Jolie

After her striking pose caused headlines at the Oscars, Angelina Jolie, whose right gam and odd gunslinger pose launched a meme, a Twitter feed and impersonators, now tells the Huffington Post: "I honestly didn't pay attention to it. You know what I mean? I don't watch those TV shows, and if I go online and see something about myself, I don't click on it.

"And the people I surround myself with don't really talk about this kind of stuff. I heard something, but I didn't pay any attention. It's as simple as being a woman picking a dress you like and having a night and not really thinking about anything else."

Oh, come on Angie! Can't you ever admit when you do something ridiculous?

Twitter

@wayansjr
#thatawkwardmoment when you're about to get some, but you want her to take a shower first because she's been dancing A LOT

@katyperry
Is anyone still traumatized by the idea that you might get eaten by an escalator if you miss a step or have a lose thread on your sweater?

@azizansari
Is Hunger Games about a girl facing a series of challenges and hurdles during lunchtime to get tasty tacos? #MyLifeStoryDog

@AlbertBrooks
Dick Cheney gets new heart! Not to be confused with compassion.

2009 C230 4Matic™ $29,999
#P09-8760, Auto, AWD, fully serviced.

2006 Mercedes Benz C 230 Sedan $17,999
#P06-9009, Excellent Condition, fully serviced.

2005 Mercedes Benz E 500 AWD Wagon $19,999
#P05-8534, Excellent Condition, fully serviced, like new.

David Morris Fine Cars Ltd.
17407 - 111 Ave | 780.484.9000 | Dean's Cell 780.497.8755 | Please ask for Dean or Ian | desmail@dmfc.ca | iweiss@dmfc.ca

Alberta Motor Vehicle Industry Council
Mercedes-Benz Certified
Mercedes-Benz

Is your dad like the guy from Up? PIXAR

Avoiding the 'oh no, grandpa's here' reaction

Grandparents. 'Discipline as normal,' and other great tips for when the folks visit you and the kids

A good friend of mine recently returned home after a month in Australia completely deflated.

It was, she said, a time of dashed expectations, misunderstandings and tension even her three-year-old picked up on.

Not only was she no longer speaking to her parents, but her marriage was strained, the kids had suffered — nobody was left unaffected by the fallout from two households colliding.

A lot of our friends listened to her tale of woe with disbelief, but I found it rather familiar.

A family's baser characteristics only tend to magnify themselves when one of the members moves away, as I did, 10 years ago.

Naively, I'd expected our little differences to disappear into all the empty miles between us.

But when quality time together is short, the pressure to make the most of it can cause some major explosions.

Here's some tricks to manage the chaos that surrounds a family visit.

First the practical

• Each relative gets a transport pass, a set of car keys (though my parents would never drive in a foreign city), maps and guidebooks.

And we keep a dish with change by the door in case anyone needs it.

• My parents cross five time zones when they visit, so we've experimented with putting our own clocks back an hour or two (at least in spirit) for the first day or two they're here.

It gets everybody moving at a similar pace and helps them feel a bit more normal.

• Most grandparents are happy to babysit — even without being asked.

My parents don't fall in that category.

So if my husband and I have other plans when they're visiting, we reserve a sitter, then ask nicely, once they've settled in.

If they're happy to comply, we cancel the sitter. We also make sure they know they have the freedom to come and go as they wish — especially in the evenings.

• If you need your parents to help out with the children now and then, make sure they have time for a siesta in the late afternoon.

We all need a break during the witching hour.

• Making the long trip to see us is a big deal for our families, so we make sure there's time for a touristy outing: a weekend in the country, a museum visit or a night at the theatre.

Once the practicalities are out of the way

• Write a list (and keep it out of sight) of the things about your visitors that bother you but that you cannot change. Anticipate them and try to avoid them, then if you are confronted, they'll be easier to ignore.

• Blather on all you want about yourself, your children, your job, but don't forget to ask about their lives — theirs are not over yet.

• Stand by your parenting. Discipline as normal. Keep your routines. If your parents want to get involved, they should know they do so at their own peril. (I shudder to think how I would have turned out had my mother let her mother control her parenting choices.)

• A special family visit is not the time to air lifelong grievances. When you catch yourself about to scream: "You always do this," or "Can't you just for once…" run to your room and simmer on your own. Even if you slam a door or throw something up there, nobody should mind — as long as you return in good spirits.

• Don't apologize or feel guilty for having moved away from home. Every generation has to adjust to its own unique circumstances and you've done the best you can.

• Plan the next family visit while your parents are still there — that should give everyone something to look forward to. If you can book your tickets then and there, all the better.

ELLEN HIMELFARE OF MOMMYISH.COM

3 LIFE

Commercial tests

Food allergies

Commercial tests that claim to determine if a person has food allergies, sensitivities or an inability to tolerate certain foods are a waste of money, warns a Toronto allergy specialist.

Dr. Elana Lavine says the tests, which can cost hundreds of dollars, look for an antibody reaction to a whole range of foods. When they find a response with an antibody known as immunoglobulin G or IgG, they characterize the result as unhealthy, suggesting the existence of either a food allergy, an intolerance or food sensitivity.

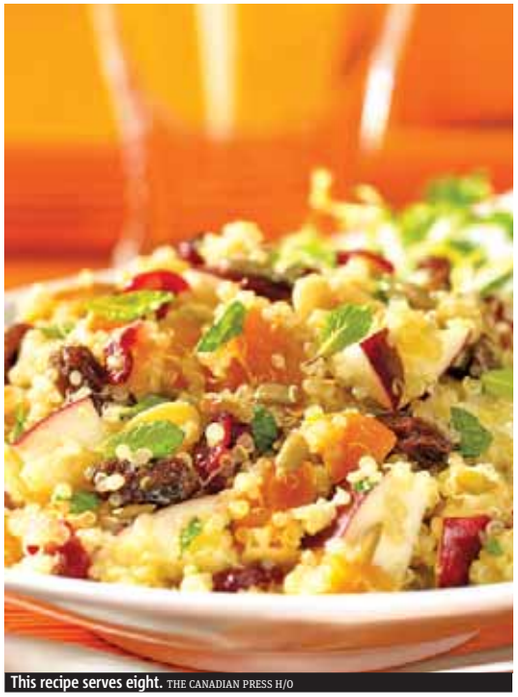
But Lavine says that it's a misreading of what an IgG reaction means. Science isn't 100 per cent sure what an IgG response actually signifies, she said, but it is thought to mean that a person has already encountered the proteins in that particular food and may even have developed a tolerance to them.

THE CANADIAN PRESS

On the Web

Teachers, parents, writers explore yin-yang of Titanic for kids ahead of wreck's centennial

Cooking the 'superfood' quinoa can be simple to do



This recipe serves eight. THE CANADIAN PRESS H/O

Nutty & Fruity Quinoa Salad. Topping this salad with Maple Vinaigrette offers a perfect combination of healthy ingredients

1. In a saucepan, bring water and quinoa to boil. Reduce heat to low, cover and simmer for about 20 minutes or until liquid is absorbed and quinoa is tender. Let stand for 5 minutes. Fluff with a fork.

2. Transfer quinoa to a large bowl. Add almonds, apple, apricots, sunflower seeds, cranberries, raisins and mint; toss to combine. Drizzle with maple vinaigrette and toss again to coat evenly.

3. Vinaigrette: In a jar, combine maple syrup, vinegar, mustard, oil and water. Seal and shake until well blended. Store in the refrigerator for up to 1 week, shaking well before use. COOK! BY THE DIETITIANS OF CANADA (ROBERT ROSE INC., 2011)/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOK.CA)

Ingredients

- 500 mL (2x cups) water
- 250 ml (1 cup) quinoa, rinsed
- 125 ml (1/2 cup) sliced almonds
- 125 ml (1/2 cup) coarsely chopped apple
- 125 ml (1/2 cup) coarsely chopped dried apricots
- 50 ml (1/4 cup) toasted unsalted sunflower seeds
- 50 ml (1/4 cup) dried cranberries
- 50 ml (1/4 cup) raisins
- 30 ml (2 tbsp) finely chopped fresh mint
- 125 ml (1/2 cup) Maple Vinaigrette (recipe follows)

Maple Vinaigrette

- 75 ml (1/3 cup) pure maple syrup
- 50 ml (1/4 cup) cider vinegar
- 50 ml (1/4 cup) honey mustard
- 30 ml (2 tbsp) canola oil
- 30 ml (2 tbsp) water

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

While Cultures bills itself as a healthy alternative to fast food, some of the items on its menu are anything but.

Cultures Tuna Wrap

430 cals, 17 g fat, 700 mg sodium
Tuna with all those omega fatty acids sounds so healthy, but when packed with oil and mixed with high-fat mayonnaise, you have excess calories and fat.

Equivalent

Because of the oil and high-fat mayo, just one Tuna Wrap from Cultures is equal to 17 cans of tuna packed in water and fat.

Grilled Chicken Wrap

280 calories, 5 g fat, 450 mg sodium
Whenever you hear the word 'grilled,' you're better off. You can add your own veggies and avoid any mayo or excess fat.

Team high-protein quinoa with nutritious turkey in stuffed peppers

Quinoa is an amino-acid-rich protein seed that has a fluffy, slightly crunchy texture and a mild nutty flavour when cooked.

Mixed with ground turkey, spinach, mushrooms and goat cheese, this super nutritious stuffing is baked in red peppers for a protein-rich meal that your whole family will enjoy.

1. In a saucepan, bring the chicken or turkey broth to a boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.

2. Meanwhile, in a large non-stick skillet, heat oil over medium-high; brown turkey, breaking into small pieces with the back of a spoon. Transfer to a plate and set aside.

3. Cook the onion until tender and golden, about 7 minutes. Stir in garlic, salt and red pepper flakes and cook for 1 minute. Stir in mushrooms and cook until golden and no liquid remains.

4. Remove from heat and stir in spinach and quinoa. Sprinkle with goat cheese. (Make ahead: This mixture can be made up to 2 days in advance.)

5. Spoon the mixture into hollowed peppers and bake in a 190 C (375 F) oven until peppers are tender crisp and filling is hot, about 20 minutes.

THE CANADIAN PRESS/ ONTARIO TURKEY (MAKEITSUPER.CA)

Ingredients

- 250 ml (1 cup) turkey or chicken broth
- 125 ml (1/2 cup) quinoa
- 10 ml (2 tsp) vegetable oil
- 500 g (1 lb) ground turkey
- 1 onion, minced
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) salt and red pepper flakes
- 500 ml (2 cups) chopped cremini mushrooms
- 1 l (4 cups) chopped spinach
- 50 ml (1/4 cup) crumbled goat cheese
- 4 large red bell peppers, tops cut off and ribs removed

Quinoa-Stuffed Peppers

This recipe serves four. THE CANADIAN PRESS H/O

Work? Fun? Excitement?
Who says you have to choose between them?

JOB FAIR, APRIL 3
Edmonton EXPO Centre, Alberta Ballroom, 11 am to 8 pm

Find out more at **northlands.com**

NORTHLANDS

Reconnecting children with nature — one tree at a time

ChariTREE is helping get children back outside. They have delivered more than 30,000 saplings to kids across Canada

BEN KNIGHT
life@metronews.ca

One of the simplest ways to connect with nature is to plant a tree.

And ChariTREE is a small Canadian registered charity that helps young children do exactly that.

"Our entire focus is giving trees to children," says founder and executive director Andrea Koehle Jones.

"If they plant the tree, it's empowering them, too. It makes them think positively — that they're helping the planet, and that they have power to make it a better place."

Jones founded ChariTREE on Earth Day, 2006.

She has since delivered more than 30,000 trees to Canadian schools and summer camps.

"The teachers come to me and they ask for trees," she explains.

"They're already teaching kids great things about the environment, but they don't have the money to be buying trees, or the time to search out the right species and have them shipped in. So we do that work for them for free."

If a school is short of trees on its property, the planting can happen there.

If not, children can take their saplings home — and have their own tree growing with them throughout their lives.

"One of the biggest things about what I'm doing is trying to get kids outside more — giving them more opportunities to connect to nature. I grew up in Toronto, and now I live on a tree-covered island in British Columbia. Many children won't get that opportunity. So giving them a tree — putting a tree in their hands — is an opportunity to get them outside at the simplest level."

Kids planting their trees at summer camp get to see it every summer when they return.

This gives them a tangible sense of how nature works over time.

"Research studies show kids have much more confidence if they get time to spend outside," Jones notes.

"Pull them away from the TV. Get them away from the video games.

"The tree is just a tool for the greater cause of getting kids back outside."

For more info – or to make a donation, visit charitree.ca.

Get outside

"Research studies show kids have much more confidence if they get time to spend outside. Pull them away from the TV. Get them away from the video games."

Andrea Koehle Jones of ChariTREE, speaking about their program to get kids more involved with nature.

By the numbers

730

The average kilograms of carbon a typical tree will absorb during its lifetime – about 80 per cent of one ton.

ChariTREE is planting an idea in kid's minds ISTOCK PHOTO

Queen of Green

Don't let the bed bugs bite

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What are eco-friendly options to prevent and kill bed bugs?
Debbie of Edmonton

To prevent bed bugs, keep clutter to a minimum. Bed bugs thrive in clothes, newspapers and piles of stuff in general.

And stay vigilant. Watch for notifications within your apartment building, local libraries and hotels. Check the Internet for bed bug identification tips, so that you can report them immediately — before they spread.

Generally speaking, high heat or extreme cold kills bed bugs. Try these tips from my friend, Adria Vasil, author of Ecoholic, if you already have bed bugs:

- Steam clean your mattress and then fit the mattress with a tightly woven barrier sheet (organic cotton barrier sheets will also keep out dust mites).
- Wash everything, including curtains, bedding and removable upholstery in hot water. (You may need to do this more than once.)
- Physically remove bed bugs with the vacuum and then carefully empty and clean the vacuum canister and filter.
- Sprinkle diatomaceous earth around baseboards.
- Try an enzyme-based product like Kleen Green.

Diatomaceous earth is also used to control silverfish, fleas and roaches in the home. Sprinkle a small amount along cracks and baseboards, or above the cupboards.

Naturally occurring diatomaceous earth is made from crushed fossilized algae.

This fine powder is like glass. It is so abrasive that it damages the protective outer shell of creepy crawlies. When that protective exoskeleton is pierced, insects dry up and die. Ask for it at your local garden store.

Kleen Green is an organic blend of enzymes specifically designed to naturally remove and eliminate dirt, germs, bacteria, odours and pests, including bed bugs, lice, scabies, crabs, fleas, mites and more. I've never used this product but it beats toxic pesticides, so it could be worth a try! It claims to be non-toxic, no-residue formula, non-flammable, hypoallergenic and biodegradable.

FOR MORE QUEEN OF GREEN VISIT DAVIDSUZUKI.ORG/GREENLIVING

Alison Parker, film producer and director. PROVIDED

Of finding a career in filmmaking and a ferret named Falcor

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Spotlight on success. From high school dropout to feature filmmaker

Alison Parker used to work at a sandwich shop in Vancouver just down the road from Columbia Academy.

"One day I took off my apron and walked across the street. They convinced me to apply. I went from a high school dropout to audio student of the year in 2002."

Alison got into the film industry and three years ago became a director. She also adopted a pet ferret named Falcor.

Upset at the way ferrets were being portrayed in the movies she decided to make a short film to challenge the negative stereotypes. Through sheer determination she raised the funds, found sponsors and convinced many of the cast and crew to volunteer their time.

Jake and Jasper: A Ferret Tale starring Falcor, Connor Stanhope, Andrew Jackson, Blu Mankuma and featuring the music of the Crash Test Dummies is a hit at several international film festivals. Parker is now in pre-production on her first feature-length movie.

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen. I'm proud to say I turned my life around. It's never too late."

Determination

"I didn't know it was going to be as big as it was with an all-star cast but I knew in my heart I could make it happen."

Alison Parker, director of Jake and Jasper, A Ferret Tale

Lights, camera, advice!

Alison's advice to aspiring filmmakers

- Make films on what you know.
- Be original.
- Be passionate about it. If you love it chances are other people will love it too.
- Use social media daily to promote and grow your fan base.
- Make a clever, great quality promo to help raise funds.

See Alison's hilarious and successful fundraising video at theferretmovie.com.

CMA Certified Management Accountants™

Looking to expand your network?

Attend the CMA Speaker Series, an exclusive event featuring top-level Certified Management Accountants.

Hear their career stories, network with CMAs from various industries and find out how the CMA designation can propel your career.

Location: The Westin, 10135 100 St, Edmonton, AB
Date: April 19, 2012
Reception: 5:30 pm
Presentations: 6:30 pm

RSVP at:
yourpath@cma-alberta.com
Tel: 1 877 CMA 2000
or visit cma-alberta.com/SS

Junior, I'd like you to meet your life coach

Here to help. A number of parents are pairing their children up with a supportive life coach rather than a therapist

Life coaching generally prioritizes looking towards the future rather than analyzing the past. ISTOCK

Life coaches have become the go-to fad for quarter to mid-life crises sufferers over the last decade, but who says you have to be a grown-up to need a little extra guidance?

Apparently, a growing number of children in NYC are finding themselves distraught over all the responsibilities they're faced with including demanding homework assignments from posh private schools and vying for the lead role in community theatre productions.

As DNAinfo reports, parents worried about their children's inability to work towards goals can recruit a life coach, including one from the 91st Street Academy. There, children can find support and guidance for problems like school troubles, balancing extracurricular and concentration issues — you know, stuff parents don't want to deal with.

The DNAinfo piece tells the story of a troubled third-grader who simply could not stop misplacing his books and jacket. Life coaching, according to his parents, was the answer.

So what's the difference, anyway, between a life coach and your run-of-the-mill shrink? According to 91st Street Academy, "Counselling looks backward at past issues and events while coaching looks forward toward setting steps and goals for the future."

Well since kids don't have a past that spans more than a decade and a half or so, life coaching is perfect for them.

For about $300 a month, a life coach will work with a kid once a week for three hours.

METRO WORLD NEWS IN NEW YORK

The right way to go when the answer is 'no'

Thanks for coming out. Each job hunt isn't a success story, but the way we bounce back from rejection can speak volumes about our character

JULIA WEST
Metro World News in Philadelphia

Try to accept rejection as an opportunity to learn rather than a defeat. ISTOCK

The job market is difficult, sure, but knowing how to deal with job rejection will give you the edge over your competition.

Don't get downtrodden, don't feel hopeless and, whatever you do, don't take it personally.

Process what went wrong

Don't beat yourself up — just examine what happened and plan how to make a better impression in the next interview.

"Monday morning quarterbacking has a place," says relationship advisor and author April Masini.

"Rejection is always an opportunity to build on who and what you are."

Get back in the networking game

There's no reason to be embarrassed that you need a little extra help.

Reach out to the connections you already have — they might be the link between you and your next job.

"Avoid cold-calling by working with your existing contacts to help introduce you to others," suggests Michelle Coussens, dean of the School of Business at Kendall College.

"So many people have lost jobs, they are often happy to help someone else in their search."

Keep applying

Don't waste a minute waiting for a company's response to your job application. Stop refreshing your email and continue on with your search for that elusive new job. The more you dwell, the less ahead you will get.

"If you don't get this one, you'll have other irons in the fire, which, psychologically, is a much better position to be in when you get a rejection letter — rather than having to start from scratch with the weight of the [rejection] on your back," says Masini.

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: May 9th - 13th, 2012
Next Seminar: Apr 11th, 2012 @ 7pm
Travelodge Edm South, 10320 - 45 Ave
www.globaltesol.com
GLOBAL TESOL COLLEGE

www.digitalschool.ca
DESIGN TOMORROW

Architectural CAD Technician
Engineering CAD Technician
Computer Aided Drafter
Process Piping Specialization
and More!
Autodesk
Authorized Training Center
Authorized Certification Center
DIGITAL School
computer aided design training
Call 780.414.0200
#304, 10205-101 STREET
EDMONTON CITY CENTRE
eTraining Available

SOAR TO NEW HEIGHTS AT REEVES COLLEGE
HEALTH CARE, BUSINESS, LEGAL, ART & DESIGN AND MORE...

EVENT LOCATION:
EDMONTON CAMPUS
620-10310 JASPER AVENUE
March 31, 2012 | 11:00AM - 2:00PM
RSVP TO: 1.800-533-1457 OR classes.reevescollege.ca
REEVES COLLEGE
FACEBOOK.COM/REEVESCOLLEGE
TWITTER.COM/REEVESCOLLEGE
YOUTUBE.COM/REEVESCOLLEGE

COMMISSIONAIRES
TRUSTED · EVERYDAY · EVERYWHERE
Founded on Pride, Based in Tradition, Dedicated to Service

FULL-TIME SECURITY PERSONNEL
To be successful candidates need to meet the following prerequisites (or be willing to obtain the requirements):
· Be of Legal Age
· Physically Fit
· Good communication skills in English
· Able to legally work in Canada
· Able to pass a Police Security Clearance
· Able to obtain an Alberta Security Guard License
Previous Military or Police experience an asset. Available positions are shift work that require personnel to be available 24 hrs per day 7 days a week. 4 on 4 off rotation.
FORWARD RESUME TO:
10633 - 124 Street, Edmonton Alberta, T5N 1S5
Phone: 780.451.1974 · Fax: 780.488.4153
hr@commissionaires.ab.ca · www.commissionaires.ab.ca
OUR PEOPLE, OUR STRENGTH
We thank all that apply, however, due to the volume of applications received, only those selected for an interview will be contacted.

Fired-up Oilers light up the scoreboard against Blue Jackets

NHL. Winding up a four-game road trip, Oilers come alive in a battle of basement dwellers

It was a Columbus Blue Jackets goal that fired up the Edmonton Oilers.

Down 2-1 after Rick Nash scored on a penalty shot, the Oilers ran off four unanswered goals in the remainder of the second period on the way to a 6-3 victory on Sunday.

"We came into this one with our eyes closed," Edmonton Oilers coach Tom Renney said of his team, which was listless in its wind-up to a four-game road trip. "You try to conjure up the proper emotion and passion to play and sometimes it's just not quite there. Luckily for us we did respond to their goal."

Boy, did they.

Ryan Jones had a goal and two assists, Chris VandeVelde scored his first NHL goal, and Ladislav Smid, Ben Eager, Sam Gagner and Eric Belanger also scored. Ryan Nugent-Hopkins, Jordan Eberle and Ryan Whitney each had two assists for the young and improving Oilers, who have points in their last seven games.

"The second period we were opportunistic and we were getting bounces and just shooting the puck and good things happened," said VandeVelde, whose first goal came a day after he was called up from Oklahoma City to play in his 13th NHL game.

The Oilers' Devan Dubnyk made 29 saves to improve to 14-8-2 in 2012 and the offence came alive.

In a matchup of the teams with the two worst records in the NHL, it was clear which has farther to go. The loss assured the injury-riddled Blue Jackets of having the worst record in the NHL this season.

THE ASSOCIATED PRESS

Road success

"Our hope and our objective is to make sure that we finish the whole season this way. It's a good trip for us."

Edmonton Oilers coach Tom Renney after his team finished its latest road trip with a 3-0-1 record.

Ryan Jones reacts to his goal as Columbus Blue Jackets goalie Steve Mason looks on in the second period Sunday in Columbus, Ohio. PAUL VERNON/THE ASSOCIATED PRESS

Ott wins world curling gold for Switzerland

Swiss skip Mirjam Ott throws a stone on Sunday in Lethbridge.
ANDREW VAUGHAN/THE CANADIAN PRESS

Switzerland's Mirjam Ott won the gold medal at the Ford Women's World Curling Championship with a 7-6 win over Sweden's Margaretha Sigfriddson on Sunday in Lethbridge.

It was the first women's world championship for Ott and the first for Switzerland since 1983 when Erika Mueller won in Moose Jaw, Sask.

"It feels just great, really great, we're so emotional," Ott said. "I've been waiting a long while and we finally did it, I'm so happy for the team. It is really great to win in Canada and the crowds were cheering for us and for good shots."

Switzerland had lost to the Swedes in both the preliminary round and a playoff game, but beat them when the stakes were the highest.

Earlier Sunday, Canada's Heather Nedohin won bronze with a 9-6 win over South Korea.

The South Koreans had knocked Nedohin's Edmonton rink out of contention for gold Saturday with a 4-3 win in a playoff game, but the Canadians won the rematch.

"For us, it's all about winning your last game and for us, we went out and played solid right until the end," Nedohin said. "A medal at this level is a very proud moment."

THE CANADIAN PRESS

4 SPORTS

Golf

Woods gets back to winning ways

Tiger Woods finally brought the buzz back to the very thing that made him famous — winning. Two weeks after another injury scare, Woods looked as dominant as ever in the red shirt on Sunday to win the Arnold Palmer Invitational at Bay Hill in Orlando, Fla. It was his first PGA Tour victory since a sex scandal at the end of 2009 led to one of the greatest downfalls in sports. The final hole was a mere formality, and Woods tapped his putter on the ground waiting for his turn, knowing that his 30 months without a win on the PGA Tour was about to end. He walked off the green with his arm extended, waving his cap to a raucous gallery. Only two weeks ago, Woods was taken off Doral in Miami in the final round with tightness in his left Achilles tendon, the same injury that caused him to miss three months and two majors last year. It turned out to be a mild strain, and Sunday was the eighth straight day that Woods played golf. now he'll try to end a four-year drought at the Masters, which starts April 5. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	75	47	21	2	5	206	168	101	26-10-0-2	21-11-2-3	5-5-0-0	W1
d-Boston	75	44	28	1	2	244	184	91	22-13-1-1	22-15-0-1	5-5-0-0	W2
d-Florida	75	36	24	5	10	186	206	87	20-9-1-9	16-15-4-1	5-2-0-3	L3
x-Pittsburgh	75	47	22	3	3	253	195	100	27-8-2-0	20-14-1-3	8-1-1-0	W1
x-Philadelphia	75	44	23	2	6	238	208	96	21-11-1-4	23-12-1-2	7-2-0-1	W2
New Jersey	76	42	28	2	4	206	200	90	20-13-0-4	22-15-2-0	5-4-0-1	L2
Ottawa	76	38	28	6	4	230	223	86	20-15-2-2	18-13-4-2	4-4-0-2	W1
Washington	76	38	30	4	4	205	214	84	24-10-2-2	14-20-2-2	6-2-1-1	W1
Buffalo	76	37	29	4	6	197	209	84	20-11-3-5	17-18-1-1	7-1-0-2	W4
Winnipeg	75	35	32	4	4	201	217	78	23-11-1-3	12-21-3-1	5-5-0-0	L1
Tampa Bay	74	34	33	4	3	209	252	75	23-14-1-1	11-19-3-2	4-5-1-0	W2
Carolina	76	30	31	9	6	202	228	75	19-13-1-5	11-18-8-1	5-4-1-0	L2
Toronto	76	33	34	4	5	217	239	75	16-14-3-4	17-20-1-1	3-5-0-2	L1
NY Islanders	75	31	33	7	4	180	224	73	15-16-5-1	16-17-3-2	5-3-1-1	W1
Montreal	76	29	34	4	9	197	211	71	14-15-2-7	15-19-2-2	4-3-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	76	47	20	1	8	196	147	103	29-4-1-3	18-16-0-5	6-2-0-2	W1
y-Vancouver	75	45	21	2	7	229	187	99	21-10-0-4	24-11-3-2	4-5-1-0	W2
d-Dallas	75	41	29	1	4	198	197	87	22-14-0-3	19-15-1-1	7-3-0-0	W1
Nashville	76	44	24	3	5	219	199	96	24-9-2-3	20-15-1-2	6-3-0-1	W2
Detroit	75	45	25	3	2	230	185	95	29-5-1-1	16-20-2-1	2-6-2-0	W1
Chicago	76	42	26	4	4	230	220	92	26-8-1-4	16-18-3-0	7-2-0-1	L1
Phoenix	77	37	27	3	10	200	202	87	19-13-2-4	18-14-1-6	4-2-0-4	L2
Los Angeles	75	37	26	5	7	175	164	86	21-14-0-4	16-12-5-3	7-3-0-0	L1
San Jose	75	38	27	5	5	205	195	86	23-12-2-1	15-15-3-4	5-3-1-1	W2
Colorado	77	40	31	4	2	200	202	86	22-15-1-1	18-16-3-1	6-2-1-1	L2
Calgary	76	34	27	6	9	186	208	83	20-10-1-5	14-17-5-4	5-1-2-2	L5
Anaheim	76	32	33	5	6	191	212	75	20-17-2-0	12-16-3-6	4-5-1-0	L1
Minnesota	75	31	34	2	8	159	207	72	17-15-1-3	14-19-1-5	3-7-0-0	L2
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	75	24	44	2	5	175	243	55	14-21-1-2	10-23-1-3	4-6-0-0	L1

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yestesterday's results
Edmonton 6 Columbus 3
Washington 3 Minnesota 0
N.Y. Islanders 3 Florida 2 (SO)
Pittsburgh 5 New Jersey 2
Nashville 6 Chicago 1
Boston 3 Anaheim 2
St. Louis 4 Phoenix 0

Saturday's results
Ottawa 8 Pittsburgh 4
Vancouver 3 Colorado 2 (OT)
N.Y. Rangers 4 Toronto 3 (SO)
Dallas 4 Calgary 1
Philadelphia 4 Montreal 1
Nashville 3 Winnipeg 1
Buffalo 3 Minnesota 1
Tampa Bay 4 N.Y. Islanders 3
Detroit 5 Carolina 4
Boston 4 Los Angeles 2
San Jose 4 Phoenix 3 (SO)

Tonight's games
All times Eastern
Tampa Bay at Philadelphia, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Ottawa at Winnipeg, 8:30 p.m.
Dallas at Calgary, 9 p.m.
Los Angeles at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

Tomorrow's games
Tampa Bay at Boston, 7 p.m.
Carolina at Toronto, 7 p.m.
Chicago at New Jersey, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Buffalo at Washington, 7 p.m.
Florida at Montreal, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
N.Y. Rangers at Minnesota, 8 p.m.

OILERS 6, BLUE JACKETS 3

First Period
1. Columbus, Letestu 10 (A.Johnson) 16:46
Penalties — Smyth Edm (high-sticking) 2:13, Nash Clb (boarding) 4:08, Gagner Edm (tripping) 10:28.
Second Period
2. Edmonton, Jones 17 (Whitney, Nugent-Hopkins) 3:40
3. Columbus, Nash 26, 7:42
4. Edmonton, VandeVelde 1 (Eberle, Petry) 11:40
5. Edmonton, Smid 5 (Nugent-Hopkins, Jones) 14:28
6. Edmonton, Eager 8, 16:00
7. Edmonton, Gagner 17 (Eberle, Whitney) 19:29 (pp)
Penalties — Nikitin Clb (hooking) 1:36, Belanger Edm, Boyce Clb (slashing) 9:39, A.Johnson Clb (cross-checking) 18:10.
Third Period
8. Columbus, Brassard 13 (Umberger, Nash) 14:22 (pp)
9. Edmonton, Belanger 4 (Jones, Smid) 18:10 (en-sh)
Penalties — VandeVelde Edm, Dorsett Clb (roughing) 1:31, Hemsky Edm (hooking) 1:44, Potter Edm (tripping) 3:48, Gillies Clb (high-sticking) 10:37, Hartikainen Edm (delay of game) 13:28, Eager Edm (slashing) 17:52.
Shots on goal by

Edmonton	13	13	12	38
Columbus	11	7	14	32

Goal (shots-saves) — Edmonton: Dubnyk (W,19-17-2); Columbus: Mason (L,14-25-3)(26-21), York (start third)(11-11). **Power plays (goals-chances)** — Edmonton: 1-4; Columbus: 1-6.
Referees — Marcus Vinnerborg, Don Van Massenhoven. **Linesmen** — Matt MacPherson, Brian Mach.
Att. — 12,295 (18,144) at Columbus, Ohio.

SATURDAY

RANGERS 4, MAPLE LEAFS 3 (SO)

First Period
1. Toronto, Franson 5 (Kessel, Bozak) 9:11
2. N.Y. Rangers, Gaborik 36 (Erixon, Richards) 12:19
Penalty — Crabb Tor (holding) 4:11.
Second Period
3. Toronto, Crabb 10 (Steckel, Phaneuf) 6:53
4. N.Y. Rangers, Dubinsky 9 (Mitchell) 15:29
Penalty — Hamilton Tor (slashing) 4:15.
Third Period
5. N.Y. Rangers, Gaborik 37 (Richards) 4:19
6. Toronto, Connolly 12 (Crabb, Steckel) 4:37
Penalties — Stepan NYR (hooking) 5:54, Boyle NYR (high-sticking) 7:59, Girardi NYR (tripping) 11:53.
Overtime
No Scoring.
Penalties — None.
Shootout
N.Y. Rangers win 2-1
Toronto (1) — Bozak, miss; Connolly, goal; Kadri, miss.
N.Y. Rangers (2) — Gaborik, miss; Richards, goal; Callahan, goal.
Shots on goal by

N.Y. Rangers	7	16	10	33
Toronto	6	10	9	25

Goal — N.Y. Rangers: Lundqvist (W,35-16-5); Toronto: Gustavsson (L,17-16-4). **Power plays (goals-chances)** — N.Y. Rangers: 0-2; Toronto: 0-3.
Att. — 19,507 (18,819) at Toronto.

SENATORS 8, PENGUINS 4

First Period
1. Ottawa, Michalek 33 (Greening, Kuba) 9:06
2. Pittsburgh, Cooke 18 (Engelland) 9:46
3. Pittsburgh, Cooke 19 (Crosby, Martin) 13:01
Penalty — Tangradi Pgh (high-sticking) 15:35.
Second Period
4. Ottawa, Gonchar 4 (Foligno, Alfredsson) 0:33
5. Ottawa, Phillips 5 (Turris, Alfredsson) 7:05 (pp)
6. Ottawa, Turris 9 (Foligno, Gonchar) 7:41
7. Pittsburgh, Kennedy 9 (Sullivan, Staal) 7:55
8. Ottawa, Alfredsson 23 (Michalek, Cowen) 16:07 (sh)
Penalties — Cooke Pgh (goaltender interference) 5:54, Klinkhammer Ott (hooking) 9:00, Spezza Ott (tripping) 14:50, Neal Pgh, Foligno Ott (roughing) 18:19.
Third Period
9. Pittsburgh, Crosby 3 (Asham, Dupuis) 11:43
10. Ottawa, Spezza 31 (Michalek) 13:16
11. Ottawa, Alfredsson, 24 (Foligno) 17:05
12. Ottawa, Greening 17 (Karlsson, Spezza) 18:08 (pp)
Penalties — Michalek Ott (holding) 14:29, Malkin Pgh (tripping) 15:05, Asham Pgh (roughing) 17:33, Cowen Ott (oughing) 19:43.
Shots on goal by

Pittsburgh	13	14	13	40
Ottawa	9	12	7	28

Goal (shots-saves) — Pittsburgh: Thiessen (L,3-1-0); Ottawa: Bishop (20-17), Anderson (W,30-20-6)(9:23 second, 20-19).
Att. — 20,076 (19,153) at Ottawa.

CANUCKS 3, AVALANCHE 2 (OT)

First Period
1. Colorado, Landeskog 22 (Hejduk, Downie) 1:13 (pp)
Penalties — Vancouver bench (too many men; served by Weise) 0:36, Rome Vcr (roughing), Kobasew Col (charging) 6:34, Bieksa Vcr (hooking) 7:24, Hejda Col (tripping) 11:01, Jones Col (delay of game) 11:46, Pahlsson Vcr (holding stick) 15:42, Jones Col (double high-sticking) 17:35.
Second Period
2. Colorado, McGinn 20 (Stastny, Varlamov) 11:01 (pp)
3. Vancouver, Raymond 10 (Salo, H.Sedin) 15:55 (pp)
4. Vancouver, Higgins 14 (Pahlsson, Bieksa) 17:30
Penalties — Salo Vcr (interference) 10:23, Burrows Vcr (roughing) 13:17, Jones Col (holding) 14:08.
Third Period
No Scoring.
Penalty — Pahlsson Vcr (hooking) 6:23.
Overtime
5. Vancouver, Higgins 15 (Hansen, Bieksa) 1:40
Penalties — None.
Shots on goal by

Vancouver	8	14	9	1—32
Colorado	17	11	12	0—40

Goal — Vancouver: Luongo (W,28-14-8); Colorado: Varlamov (L,25-21-3). **Power plays (goals-chances)** — Vancouver: 1-5; Colorado: 2-6.
Att. — 18,007 (18,007) at Denver.

STARS 4, FLAMES 1

First Period
1. Dallas, Ja.Benn 23 (Burish, Pardy) 1:37
2. Dallas, Ryder 33 (Ribeiro, Lehtonen) 7:17
3. Calgary, Cammalleri 16 (Babchuk, Giordano) 12:27
Penalties — Dallas bench (too many men; served by Wandell) 4:39, Comeau Cal (tripping) 9:25, Jokinen Cal (high-sticking) 16:44.
Second Period
No Scoring.
Penalties — Ja.Benn Dal (tripping) 1:03, Iginla Cal, Giordano Cal, Ribeiro Dal (roughing), Souray Dal (double roughing) 19:49, Cammalleri Cal (slashing), Burish Dal (cross-checking) 20:00.
Third Period
4. Dallas, Ja.Benn 24 (Ott, Daley) 16:27
5. Dallas, Morrow 10, 18:32 (en)
Penalties — Burish Dal (roughing) 12:12, Kostopoulos Cal (roughing) 19:04.
Shots on goal by

Calgary	7	14	15	36
Dallas	8	6	6	20

Goal — Calgary: Kiprusoff (L,33-20-11); Dallas: Lehtonen (W,31-17-4). **Power plays (goals-chances)** — Calgary: 0-4; Dallas: 0-3.
Att. — 17,238 (18,532) at Dallas.

FLYERS 4, CANADIENS 1

First Period
1. Philadelphia, Timonen 4 (Giroux) 11:07 (pp)
Penalties — Couturier Pha (holding) 3:18, Plekanec Mtl (slashing) 11:01, White Mtl (holding) 12:54.
Second Period
2. Montreal, Plekanec 15 (Eller, Palushaj) 3:44
3. Philadelphia, Briere 15 (Carle, Read) 7:57 (pp)
4. Philadelphia, Briere 16 (Jagr, Bryzgalov) 17:38 (pp)
Penalties — Emelin Mtl (interference) 6:05, Philadelphia bench (too many men; served by Briere) 11:50, Carle Pha (hooking) 14:47, Cole Mtl (high-sticking) 16:48.
Third Period
5. Philadelphia, Read 21 (Couturier, Carle) 18:07
Penalties — Gorges Mtl, Kubina Pha (fighting) 1:20, Subban Mtl (roughing) 8:34, Blunden Mtl (misconduct), White Mtl (roughing), Simmonds Pha (hooking, slashing) 11:06, Bryzgalov Pha (tripping; served by Giroux) 11:45.
Shots on goal by

Montreal	4	9	11	24
Philadelphia	8	10	15	33

Goal — Montreal: Budaj (L,3-7-3); Philadelphia: Bryzgalov (W,32-14-7). **Power plays (goals-chances)** — Montreal: 0-5; Philadelphia: 3-5.
Att. — 19,931 (19,537) at Philadelphia.

PREDATORS 3, JETS 1

First Period — No Scoring.
Penalties — Enstrom Wpg (slashing) 5:11, Erat Nash (hooking) 12:52.
Second Period
1. Nashville, Halischuk 13 (Radulov, Klein) 2:56
2. Nashville, Bourque 5 (Spaling, A.Kostitsyn) 10:01
Penalties — Jones Wpg (tripping) 12:29, Byfuglien Wpg (roughing) 18:38.
Third Period
3. Winnipeg, Stapleton 11 (Machacek, Maxwell) 12:53
4. Nashville, Weber 15 (Fisher) 19:50 (en-pp)
Penalty — Byfuglien Wpg (hooking) 19:30.
Shots on goal by

Winnipeg	7	9	9	25
Nashville	10	5	13	28

Goal — Winnipeg: Pavelec (L,28-26-7); Nashville: Rinne (W,40-16-8).
Power plays (goals-chances) — Winnipeg: 0-1; Nashville: 1-4.
Referees — Eric Furlatt, Kyle Rehman. **Linesmen** — Jonny Murray, Steve Miller.
Att. — 17,113 (17,113) at Nashville, Tenn.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	10	.800	—
d-Miami	35	12	.745	3½
Orlando	31	18	.633	8½
d-Philadelphia	27	22	.551	12½
Atlanta	30	20	.600	10
Indiana	28	19	.596	10½
Boston	26	22	.542	13
New York	24	25	.490	15½
Milwaukee	22	26	.458	17
Cleveland	17	29	.370	21
Detroit	16	32	.333	23
Toronto	16	33	.327	23½
New Jersey	16	34	.320	24
Washington	11	37	.229	28
Charlotte	7	39	.152	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	37	12	.755	—
d-San Antonio	33	14	.702	3
d-L.A. Lakers	30	18	.625	6½
L.A. Clippers	27	21	.563	9½
Dallas	28	22	.560	9½
Memphis	25	21	.543	10½
Utah	26	23	.531	11
Houston	26	23	.531	11
Denver	26	23	.531	11
Phoenix	25	24	.510	12
Minnesota	24	26	.480	13½
Portland	23	26	.469	14
Golden State	20	27	.426	16
Sacramento	17	31	.354	19½
New Orleans	12	36	.250	24½

d-division leader
x-clinched playoff spot

Last night's results
Phoenix 108, Cleveland 83
Minnesota 117, Denver 100
Atlanta 139, Utah 133,4OT
Boston 88, Washington 76
San Antonio 93, Philadelphia 76
Oklahoma City 103, Miami 87
Portland 90, Golden State 87
Memphis at L.A. Lakers

SOCCER

MLS

Yesterday's results
New York 4, Colorado 1
Kansas City 2 Dallas 1
Saturday's results
San Jose 3, Toronto FC 0
New England 1, Portland 0
Columbus 2, Montreal 0
Chicago 1, Philadelphia 0
Chivas USA 1, Real Salt Lake 0
Vancouver 0, D.C. United 0

ENGLAND

PREMIER LEAGUE
Yesterday's result
West Bromwich Albion 1 Newcastle 3

LEAGUE CHAMPIONSHIP
Yesterday's results
Birmingham 1 Cardiff 1
Johnstone's Paint Trophy
Chesterfield 2 Swindon 0

FRANCE

LIGUE 1
Yesterday's results
Dijon 2 Caen 0
Paris Saint-Germain 1 Bordeaux 1
Toulouse 1 Auxerre 0

GERMANY

BUNDESLIGA
Yesterday's results
Cologne 1 Borussia Dortmund 6
Stuttgart 1 Nuremberg 0

ITALY

SERIE A
Yesterday's results
Atalanta 2 Bologna 0
Cesena 2 Parma 2
Chievo Verona 1 Siena 1
Genoa 2 Fiorentina 2
Juventus 2 Inter Milan 0
Lazio 1 Cagliari 0
Napoli 2 Catania 2
Novara 0 Lecce 0

SCOTLAND

PREMIER LEAGUE
Yesterday's result
Rangers 3 Celtic 2

SPAIN

LA LIGA
Yesterday's results
Athletic Bilbao 1 Sporting Gijon 1
Espanyol 1 Malaga 2
Levante 0 Osasuna 2
Rayo Vallecano 0 Villarreal 2
Real Betis 1 Racing Santander 1
Zaragoza 1 Atletico Madrid 0

LACROSSE

NLL

Last night's results
Colorado 16 Philadelphia 15 (OT)
Washington 20 Minnesota 13

CURLING

WOMEN'S WORLD CURLING CHAMPIONSHIP
At Lethbridge, Alta.
THIRD PLACE
Yesterday's results
Canada (Nedohin) 9 South Korea (JS. Kim) 6
CHAMPIONSHIP
Switzerland (Ott) 7 Sweden (Sigfridsson) 6

2012 RDX CLEAROUT

LIMITED TIME OFFER
$2,500*

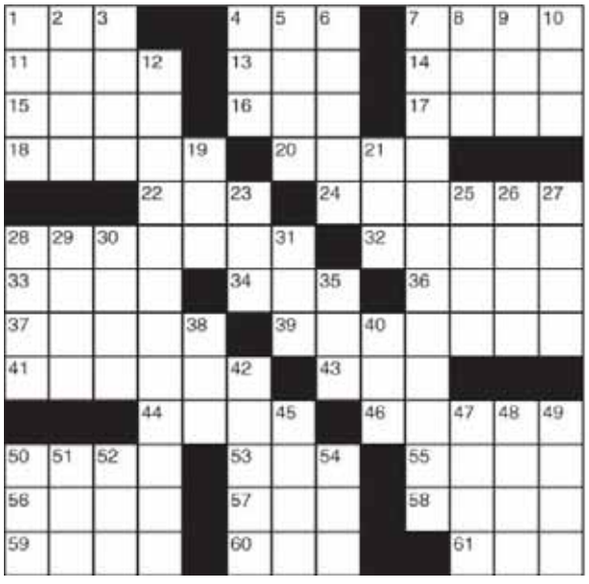
CASH PURCHASE CLEAROUT INCENTIVE
On All New 2012 RDX Models

WEST SIDE ACURA
17456 – 102nd Avenue
Toll Free 1-855-678-8711
www.westsideacura.com

ACURA
ADVANCE.

*$2,500 Acura cash purchase incentive is available on all new 2012 RDX models. Acura cash purchase incentive will be deducted from the negotiated price before taxes and cannot be combined with special lease or finance offers. Retailer may sell for less. Retailer order/trade may be necessary. Acura cash purchase incentive is only valid for Alberta residents at Alberta Acura retailers until March 31, 2012. See West Side Acura for full details.
AMVIC LICENSEE

Crossword



Across
1 — Wan Kenobi
4 Health resort
7 Recording
11 Swimming venue
13 Lummox
14 Thing
15 Opposed to
16 Buddy
17 Options list
18 Rife with foliage
20 Toothpaste container
22 Hearing organ
24 Shoe without laces
28 Sleep-wear
32 Trap
33 Verve
34 Wrinkly-faced dog
36 Faucet problem
37 Gives temporarily
39 "The Big Bang Theory" star Jim
41 Birdcage attachment
43 Swab the floors
44 Way out
46 Stretchy candy
50 Pop singer Lady —
53 To and —
55 Col. Mustard's game
56 Settled down
57 Legislation
58 Into the sunrise
59 Big party
60 Storm center
61 Next-to-last Greek letter

Down
1 October birthstone
2 Skeletal component
3 Tiny amount
4 Weep
5 Role
6 In a state of conflict
7 Ontologists' concerns
8 Dined
9 Corral
10 Flightless bird
12 Vitally important
19 Sweet potato
21 Derek and Diddley
23 Knock
25 Gambling game
26 Ms. Brockovich
27 Agents, for short
28 Riches
29 Sheltered
30 Tarzan's wife
31 Dine
35 Leg, slangily
38 Gender
40 Deterioration
42 Winchester or Spring-field
45 Salver
47 Envelope part
48 Commotion
49 Bigfoot's cousin
50 Talk on and on
51 Chicken king
52 Our soldiers
54 Have bills

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

Sudoku

		8	1			9	7	
9						5		2
	1			4				3
	5				2	8		
			7		3			
		1	6				4	
2				9			3	
1		3						5
	9	6			1	7		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

5	6	1	3	9	8	7	2	4
8	7	3	4	2	6	5	1	9
9	2	4	5	1	7	6	8	3
4	9	7	1	8	3	2	5	6
3	5	2	6	7	9	8	4	1
1	8	6	2	5	4	3	9	7
7	1	5	9	6	2	4	3	8
2	3	8	7	4	1	9	6	5
6	4	9	8	3	5	1	7	2

Send a kiss

- **To Dee.** I'm younger, you're older. I was brought up in a conservative household, you were brought up in a liberal one. I'm time-oriented, and you take your time to make things right. We have so many things not in common... but that's what makes our relationship so special. Thank you for everything and more. Cheers to a bottom-less pitt of memories and love. From Ree
- **Yes.** You already won me, just gotta go get me, but I can get you too. From Yes
- **Either.** because im single, maybe your not? But you want it up to me, im fine with that, don't overthink it, not a bad thing, same thing you did before would be awesome. But it can be up to me, just hope you really let me... From Way u Missed Connection
- **Same.** You know it's been this way for me too, but now pretty sure I know why. And when everythings said and done with my life, I can maybe be beside you if you do what you gotta do. From here

Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 4° MIN: -8°	MAX: 3° MIN: -2°	MAX: 4° MIN: -7°

BT BREAKFAST TELEVISION
MICHELE MCDOUGALL WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**

Horoscope

Aries | March 21 - April 20. Try to keep your more caustic comments to yourself or you'll spend the next few days apologizing.

Taurus | April 21 - May 21. Somewhere along the line you have made an embarrassing, and maybe costly, mistake but you must not let it affect your confidence.

Gemini | May 22 - June 20. You just know that someone is keeping something from you and it's causing you a fair bit of anguish.

Cancer | June 21 - July 22. You may find it harder than usual to express yourself today but that's probably no bad thing.

Leo | July 23 - Aug. 22. Why are you finding it hard to be cheerful when so many things are going your way?

Virgo | Aug. 23 - Sept. 22. You really don't care what other people think but even so it might be wise to listen to their criticisms today.

Libra | Sept. 23 - Oct. 22. The best way to deal with someone who is giving you a hard time today is not to give them a hard time in return but to be nice to them.

Scorpio | Oct. 23 - Nov. 21. Make sure you have got your facts right before wading in with an opinion

Sagittarius | Nov. 22 - Dec. 21. Take care not to fall out with someone you usually get along with quite well over what is really a trivial matter.

Capricorn | Dec. 22 - Jan 20. You may be impatient to get started on something you have been planning for ages.

Aquarius | Jan. 21 - Feb 18. This is a good day for thinking but maybe not such a good day for actively pursuing your ambitions.

Pisces | Feb. 19 - March 20. Mercury in your sign is at odds with Saturn, which suggests you may not be thinking straight over the next 24 hours. Fortunately, Pisces is a sign that relies more on intuition — and your instincts are perfect as usual.

SALLY BROMPTON

Caption Contest

"If there are angry birds, there will be floating pigs!"
Honey

KIN CHEUNG/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

Introducing the most fuel-efficient AWD vehicle in North America†.
THE COMPLETELY REDESIGNED 2012 AWD IMPREZA has a stylish new interior, more cargo space, and best fuel efficiency of any AWD vehicle in North America. STANDARD FEATURES • Symmetrical full-time AWD • All-new 2.0L 148HP BOXER engine • Driver and front passenger front- and side-impact airbags • Vehicle Dynamics Control and Traction Control Systems • AC • Cruise control • And more.
$22,105
SPECIAL SHOW OFFER
Receive an additional $500 OFF, over and above all existing offers, when you purchase or lease a new 2012 Forester, Outback, Impreza, or Tribeca. Limited time offer valid from March 1 to April 30, 2012**
$500 FIVE HUNDRED SUBARU DOLLARS
SUBARU CITY 17708-111 AVE 780-484-7733 / 1-800-586-1467 • RALLY SUBARU 9404-34 AVE 780-989-0700 / 1-877-989-0701
SUBARU Confidence in Motion

DO YOU HAVE CHRONIC BACK OR NECK PAIN?

Edmonton's Most Comprehensive Chronic Pain Program

Now Offering TOG GaitScan™

Now Accepting New Patients
BOOK YOUR FREE CONSULTATION TODAY!

Canadian Decompression & Pain Center (CDPC) is your Gateway to a world of integrated health care. CDPC specializes in **spinal decompression,** a computerized treatment procedure used to treat **chronic low back** and **chronic neck pain**. The most common conditions treated are those affecting the discs and joints. Chronic back or neck problems can cause great pain. Daily activities are limited, as simple tasks such as sitting, standing, and sleeping become difficult. Spinal decompression works deep into the vertebral joints to repair damage to the spine. As a result, it can get to the root cause of the pain and provide significant relief. Previous MRI, CT, and X-Ray reports provide enough information to determine if you are a good candidate for treatment, **but are not necessary.**

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck & Back Pain
- Pinched Nerve
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis
- Carpal Tunnel Syndrome

CDPC has provided over 350,000 treatments

What is it?

The treatment separates the spinal joints to take pressure off the discs and nerves. The three phases at CDPC include Spinal Decompression, Oxygen Enhancement (for patient relaxation), and a Nutritional phase (for certain patients only). The full procedure is performed simultaneously during a patient's treatment. More information is available at: **www.cdpc.info.**

Does it Work?

The treatment is **extremely** effective, especially for chronic problems. Everyone responds differently. However, generally patients notice a difference within a few treatments.

DNA and Paternity Testing Available

Also available are Custom Orthotics, Laser Treatment & Compression Stockings (Covered by Alberta Blue Cross)

FREE CONSULTATION

11044-51 Avenue Edmonton, Unit - 301
780-433-0555
Email: **Edmonton@cdpc.info**

Canadian Decompression & Pain Centers

Visit us Online at:
www.cdpc.info

Medical Microdermabrasion

Microdermabrasion is effective at improving and reducing fine lines, age spots or brown spots, large pores, clogged pores, stretch marks, uneven skin texture and other superficial skin blemishes. The treatment can also be helpful with oily and enlarged pores, blackheads, and some acne scarring. In addition, microdermabrasion stimulates the creation of collagen and cell turnover. Immediately following a microdermabrasion session the skin will feel smoother and have improved texture.

SALE ON NOW UNTIL 9pm MARCH 27th!

30 SECOND GUARANTEED CREDIT APPROVALS

BEAT THIS!!!!

#11B5027

2011 Chevrolet Impala LS — 4 TO CHOOSE

$12,888

#0945485 — 2009 BMW 135i Twin Turbo — **$30,888**

#0844405 — 2008 GMC 1500 Crew Denali — **$31,888**

#1069599 — 2010 Hyundai Accent GL 4 Dr. — **$10,888**

#117525 — 2011 Nissan Altima 2.5S — **$14,888**

#0821999 — 2008 Chevrolet Avalanche 4x4 LS — **$21,888**

#LA0727 — 2011 Dodge 1500 Crew 4x4 SLT+ — **$31,888**

#0947718 — 2009 Saturn Aura XE 4 Dr. — **$12,888**

#0846483 — 2008 Ford E350 12 Pass. Wgn. XLT — **$16,888**

#3793016 — 2003 Acura CL 3.2 Type S — **$9,888**

#0791928 — 2007 Chevrolet Equinox LS AWD — **$14,888**

#1135027 — 2007 Ford Freestyle AWD SEL — **$11,888**

#LA3332 — 2011 Ford Edge Sport NAVI, ROOF — **$35,888**

#0811125 — 2008 Chevrolet 1500 E/C 4x4 LT SUNROOF — **$18,888**

#0983559 — 2009 Chevrolet Avalanche 4x4 LTZ — **$29,888**

#0882821 — 2008 Mercedes C 350 4Matic™ — **$29,888**

#1149948 — 2011 Chrysler 300 Limited NAVI, SUNROOF — **$26,888**

#1043685 — 2010 Ford F150 Crew 4x4 XLT — **$21,888**

#0894037 — 2008 Ford Escape XLT 4x4 V6 — **$16,888**

#0754859 — 2005 Ford Excursion Diesel EDDIE BAUER — **$28,888**

#1180021 — 2011 Ford Edge SEL AWD — **$26,888**

#0945291 — 2009 Hyundai Elantra GL — **$9,888**

#0889661 — 2008 Cadillac Escalade — **$36,888**

#1081135 — 2010 Ford Escape 4x4 XLT — **$17,888**

#1144463 — 2011 Ford Taurus SEL LOW, LOW KMS — **$19,888**

#0785597 — 2007 Ford Ranger S/C Sport — **$8,888**

#1040021 — 2010 Chevrolet Traverse AWD LS — **$21,888**

#1086971 — 2010 Dodge 1500 Q/C 4x4 SLT Hemi — **$22,888**

SUMMER IS HERE!!

4 TO CHOOSE

#11A3307

2011 Dodge Challenger Rallye ALLOY WHEELS, LEATHER., SUNROOF

$27,688

#0884112 — 2008 Cadillac Escalade ESV — **$36,888**

#1088430 — 2010 Ford Escape 4x4 Limited ROOF — **$22,888**

#1185797 — 2011 Chevrolet Cruze LS — **$14,888**

FAMILY MOVER!!

3 TO CHOOSE

#10B2418

2010 Dodge Grand Caravan SE STOW N' GO

$14,788

#0970863 — 2009 Nissan Rogue S — **$13,888**

#1047140 — 2010 Ford Sport Trac Adrenalin V8 — **$29,888**

#0814484 — 2008 Saturn Outlook XE 8 Pass. — **$14,888**

#0798274 — 2007 Dodge Dakota Crew 4x4 SLT — **$14,888**

#1181308 — 2011 Nissan Maxima SV — **$24,888**

#1081895 — 2010 Chevrolet Suburban LT LEATHER, ROOF — **$35,888**

#0763367 — 2007 Jeep Patriot Limited AWD SUNROOF — **$13,888**

#0948247 — 2009 Toyota Matrix — **$12,888**

#0788006 — 2007 GMC 3500 Cube Van — **$18,888**

LOWEST PRICED SPORTS SEDAN!!!

4 TO CHOOSE

#110441

2011 Hyundai Sonata GLS ALLOY WHEELS, HTD. SEATS

$15,388

#0948744 — 2009 GMC 1500 E/C 4x4 SLE Z71 — **$19,888**

#0774632 — 2007 Ford F150 S/C 4x4 STX — **$14,888**

#1071628 — 2010 Ford Flex AWD Limited — **$21,888**

#0771191 — 2007 Mitsubishi Eclipse SUNROOF — **$13,888**

#0705366 — 2007 Dodge 1500 Q/C 4x4 20" WHEELS — **$19,888**

#0788633 — 2007 Dodge Caliber SXT SUNROOF — **$9,888**

#0981027 — 2009 Ford F350 Crew FX4 LEATHER, SUNROOF — **$34,888**

#0743566 — 2007 Dodge 1500 Q/C 4x4 SLT Hemi SUNROOF — **$17,888**

#11A8971 — 2011 Dodge Charger SXT SUNROOF — **$21,888**

#0983345 — 2009 Dodge 1500 Q/C 4x4 SLT Hemi — **$19,888**

#11A1955 — 2011 Mitsubishi RVR SE AWD — **$20,888**

#0943636 — 2008 Mercedes CLS 550 AMG Pkg. — **$40,888**

#1182176 — 2011 Dodge 2500 Crew 4x4 SLT Diesel — **$42,888**

#0685004 — 2006 Ford Explorer AWD V8 EDDIE BAUER — **$13,888**

#11B5344 — 2011 Jeep Wrangler Unlimited Sahara — **$28,888**

LOWEST PRICE!!

4 TO CHOOSE

#107936

2010 Ford Fusion SE

$13,388

500 USED VEHICLES TO CHOOSE FROM!

scan now TO SEE OUR COMPLETE INVENTORY!

EVERYONE APPROVED!
LENDERS ON-SITE FOR IMMEDIATE APPROVALS!

JOVAN or DWAYNE
Executive Lending Administrators
780.701.1888
approved@cwas.ca

CWAS Financial

Canadawide AUTO SALES

LOCAL 780.483.7516
TOLL FREE 1.866.310.5751

10212-178 Street
MONDAY - FRIDAY 9-9
SATURDAY 9-6
SUNDAY 11-5

CarProof VEHICLE HISTORY REPORTS

Vehicles may not be exactly as illustrated. Call or drop in for complete details.